A Publication of Little Mountain Printing

Free

www.thefishwrapperonline.com

August 5, 2025

The Fishwrapper

Vol. 30 Issue 15

East Lebanon / Berks Edition

POPULAR Old Sayings and Their Origins

At the Drop of a Hat

Meaning: *to do something without delay.*

Origin: In the 19th century, a hat would sometimes be dropped, or swept in a downward sweep, to indicate the start of a race or a fight.

Barking up the Wrong Tree

Meaning: *to make a wrong decision or to take the wrong approach.*

–cont. on page 6

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1 c. salted peanuts

Rapidly cook and stir sugar, corn syrup and cream until sugar is dissolved. Reduce heat and cook until soft ball is formed in cold water (236°). Combine remaining ingredients. Pour syrup mixture over dry ingredients and mix well. Press into a buttered pan and cut into squares.

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FROM THE
EDITOR'S
DESK

Ring! Ring! Ring!

Ring! Ring! Ring! The ringing of a school bell announces important times to a school's students and staff, such as the beginnings and ends of school days, class periods, and breaks. As the bell begins to ring, announcing the start of a new day, students will scurry to their seats, lest they be cited for tardiness. The bell means everyone must be seated, and all the talk and chatter must cease. It is time for the teacher to talk and hand out directions for the day. Pop quiz; homework; clear your desk, it is time for a test; along with spelling, reading, writing and 'rithmetic.

Ring! Ring! Ring! What does '*rithmetic* mean? "It is an informal, dialectical, or archaic term for arithmetic, which is the branch of mathematics dealing with basic numerical operations like

–cont. pg. 18

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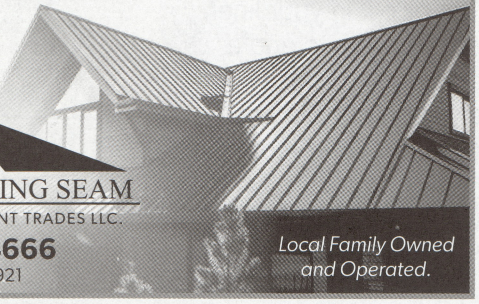

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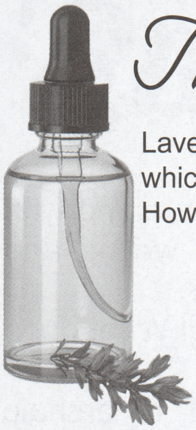
HOUSEHOLD HINTS

That Fragrant Lavender

Part 2



Lavender is one of a few essential oils that can be applied neat, which means that it can be applied directly to the skin without diluting. However, there are a few precautions.

1. Keep it away from your eyes.
2. Never ingest or use essential oil for cooking.
3. Keep out of reach of children.
4. Applying undiluted essential oil too frequently or for extended periods may cause reactions.

Just Relax

Make infused oil with lightly crushed, dried lavender buds. Fill a jar about halfway and pour in your choice of carrier oil, such as olive oil, almond oil, or grape seed oil. After setting the jar in a warm place for a couple weeks, strain out the buds, and store the oil in a dark bottle.

Rub fresh flowers onto your arms to help repel flies & mosquitoes while enjoying a warm summer evening.

Massage lavender essential oil into aching joints and muscles for pain relief.

Use lavender infused oil to relieve itchy or dry skin, help soothe insect bites, and heal minor burns.

Lavender bath salt: mix together 1 cup Epsom salt, 1/2 cup salt, 2–3 Tbl. baking soda, and 8–10 drops lavender essential oil. Mix well and store in a sealed jar. Use 1/3 cup per bath.

Sprinkle lavender essential oil on your pillow for a restful night's sleep, or add 4–5 drops oil to your hot bath at bedtime.

Freshen Your Home

Make an air freshener with 2 cups of water and 2 drops each of lavender, tea tree, and peppermint essential oils in a spritzer bottle.

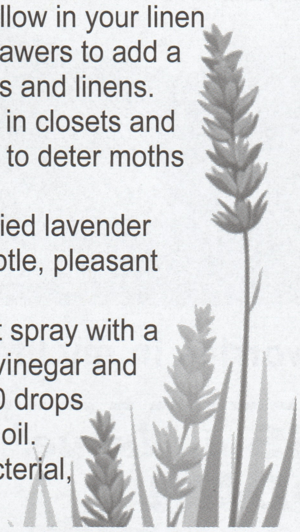
Tie flowering lavender sprigs together with decorative string or ribbon, and hang it on a door for a cozy and fragrant décor.

Place a lavender pillow in your linen closet and dresser drawers to add a sweet scent to clothes and linens.

Place fresh flowers in closets and other storage spaces to deter moths and silverfish.

A bowl filled with dried lavender flowers will give a subtle, pleasant scent to a room.

Make a disinfectant spray with a 1:1 solution of white vinegar and water, and add 30–40 drops of lavender essential oil. Lavender has antibacterial, antibiotic, antiviral, antiseptic properties.



Concluded

Welcome to The Fishwrapper

The staff of *The Fishwrapper* would like to welcome you to this most exciting, little, big paper that has become a favorite of young and old, alike. This is a bi-weekly newspaper and our objective is to bring positive news, inspirational articles and information everyone can use. We hope that you will find it refreshing, thought provoking and motivating, as you face the sometimes overwhelming challenges of today's world. We welcome your comments and input as we strive to bring you good reading material.

People ask where we got our name? *The Fishwrapper* gets its name from a practice done long ago. At one time, folks wrapped their fish in newspaper. This term caught on and became a slant at the newspaper itself. When one disagreed with an article, the standard comment was, "Yeah, I saw that in the fish wrapper," indicating that it was all the paper was good for.

We don't expect everyone to agree 100% with *The Fishwrapper*, but we feel certain you will find something beneficial. If you find a little encouragement, an inspiring thought, a little humor, or just some common sense by reading this paper, then our purpose has been achieved.

We encourage you to support the local merchants whose advertising pays the cost of this publication. Let them know you saw their ad in *The Fishwrapper.*

The staff of *The Fishwrapper* is the final authority and reserves the right to refuse any and all material, including articles and advertisements that they determine do not fit the objectives of this paper. Enjoy!

The Fishwrapper

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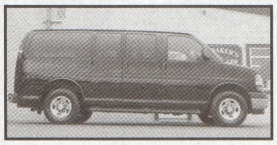

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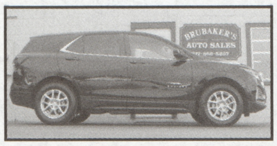

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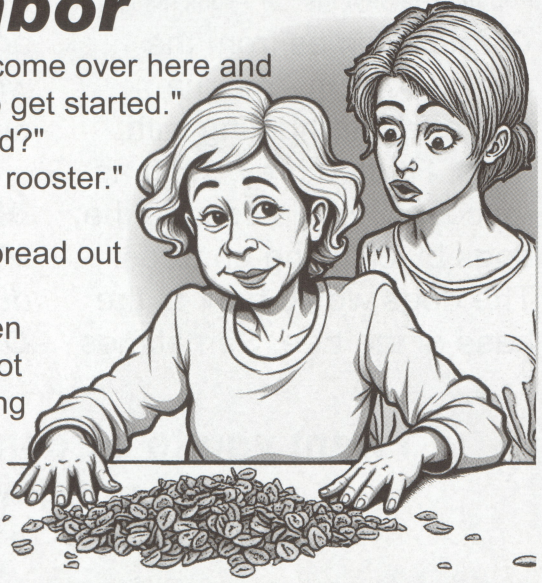
Puzzled Neighbor



A little, silver-haired lady called her neighbor and said, "Please come over here and help me. I have a killer jigsaw puzzle, and I can't figure out how to get started."

Her neighbor asked, "What is it supposed to be when it's finished?"

The elderly lady said, "According to the picture on the box, it's a rooster."

Her neighbor decided to go over and help with the puzzle.

The lady let her in and showed her where she had the puzzle spread out over the whole table.

She studied the pieces for a moment, looked at the box, and then turned to her and said, "First of all, no matter what we do, we're not going to be able to assemble these pieces into anything resembling a rooster. Secondly," she said, "I want you to relax. Let's have a nice cup of tea."

Then she said with a deep sigh, "Let's put all the corn flakes back in the box."

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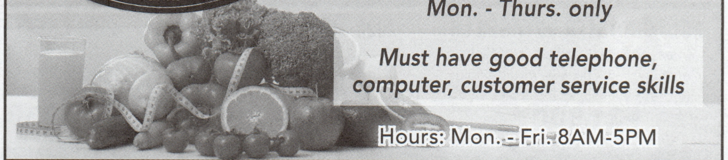

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Popular Old Sayings –cont. from pg. 1

Origin: Comes from the early 1800s in America and refers to hunting with dogs. Hunted prey, such as raccoons, would escape the dogs by climbing up trees. The dogs would bark at the base of the tree. Sometimes the prey would escape to another tree, but the dogs would keep on barking, just at the wrong tree.

Basket Case

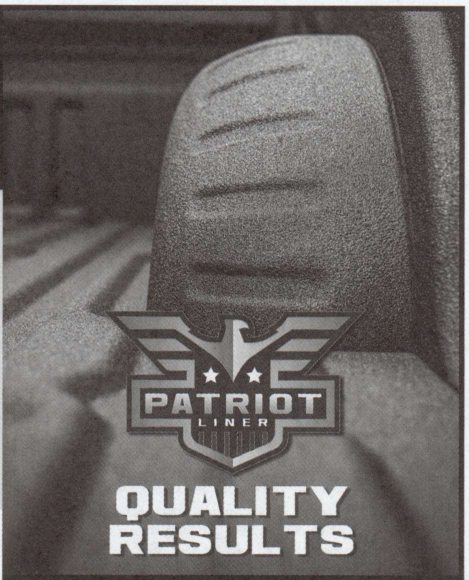
Meaning: *unable to cope, due to distress or overwork.*

Origin: From a rumor that some World War I soldiers had lost all four limbs and had to be carried in a basket. The Surgeon General of the Army made it clear in 1919, that there were no such cases, but the term has survived after first appearing in

–cont. on page 7

I want you to be concerned about your next-door neighbor. Do you know your next-door neighbor?

Mother Teresa



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Popular Old Sayings –cont. from pg. 6

a newspaper after the war ended.

Bigwig

Meaning: *a very important person.*
Origin: In the 18th century, it was fashionable for important, influential men to wear large, expensive wigs. The larger the wig, the higher the social status.

Burning the Midnight Oil

Meaning: *working late into the night.*
Origin: Back when oil lamps were used for lighting, you were burning oil at midnight if you were working very late.

Bury the Hatchet

Meaning: *to forgive and make peace.*
Origin: From a Native American ceremony at which tribes that had been at war

–cont. on page 9

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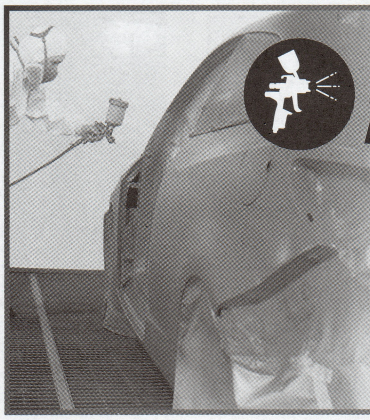

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by **Dave Barry**

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•••••

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•••••

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•••••

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•••••

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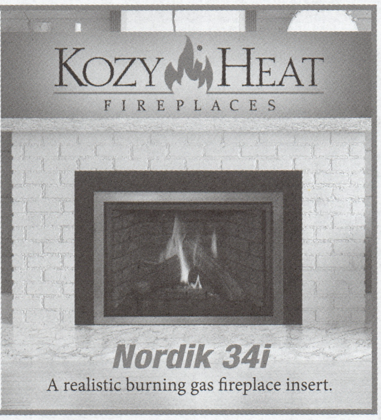

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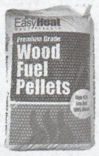

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Popular Old Sayings –cont. from pg. 7

declared a truce, and the opposing chiefs would bury a hatchet to signal the end of animosity.

Can't Hold a Candle to

Meaning: *not as good as someone or something else.*

Origin: In the days before electric lights, it was sometimes the job of apprentices to hold candles for their masters when working after dark. If they were not competent to do that—well....

Caught Red-Handed

Meaning: *caught while doing something wrong.*

–cont. pg. 11

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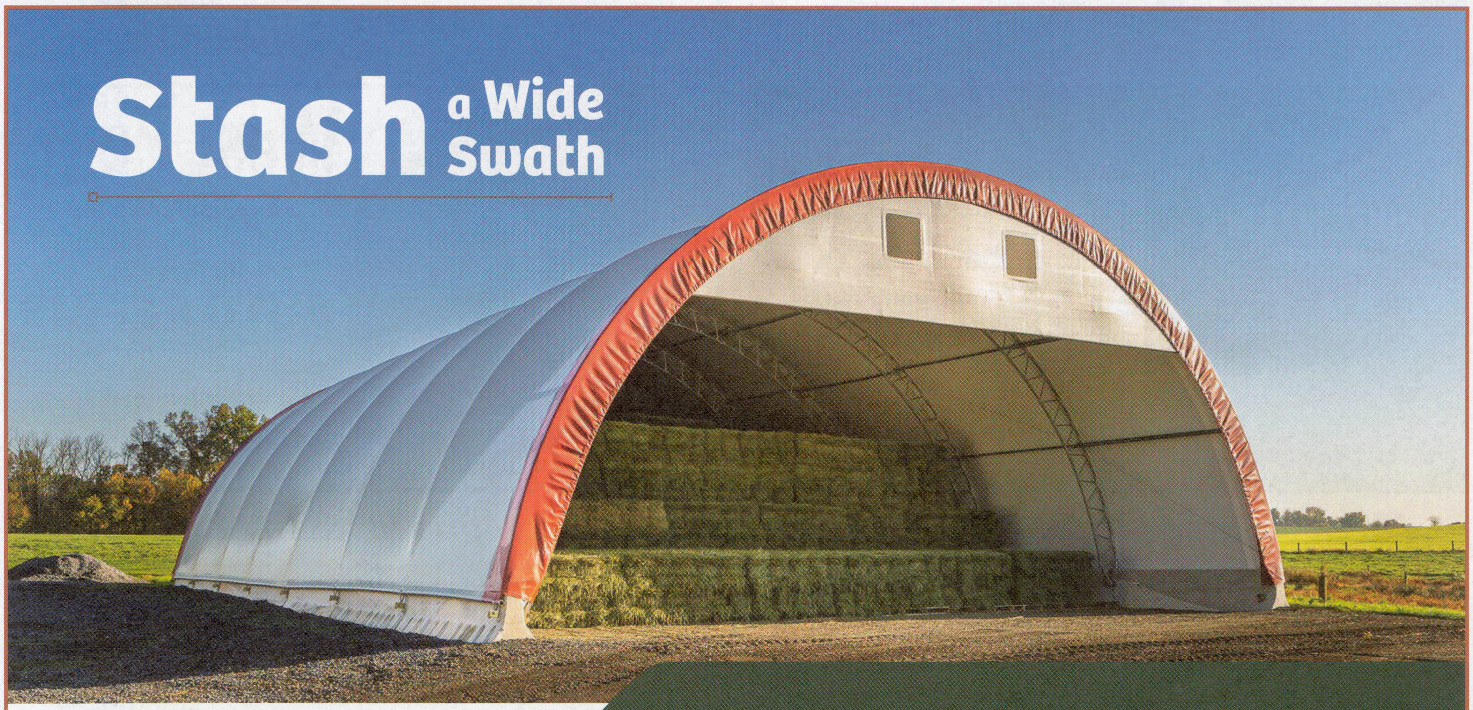

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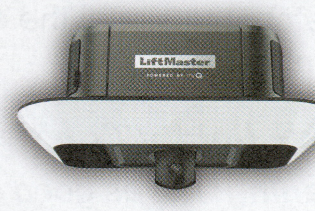

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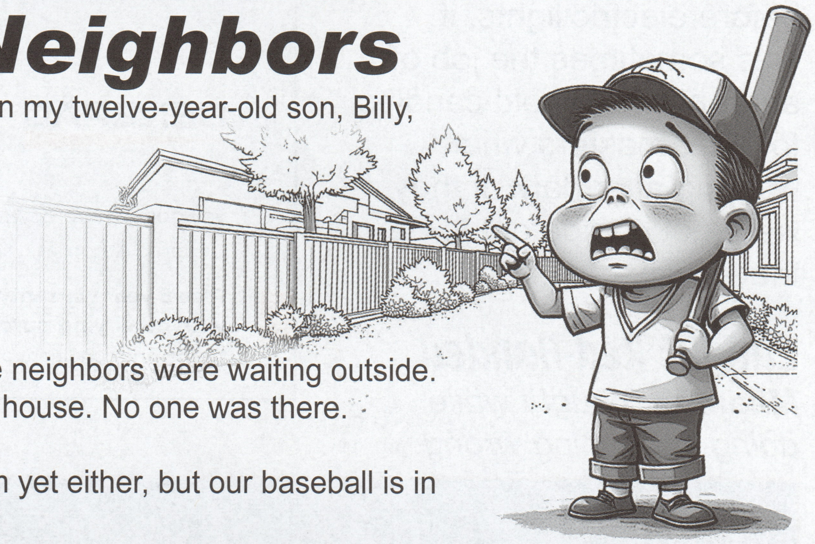
New Neighbors



My quiet Saturday morning ended abruptly when my twelve-year-old son, Billy, and one of his friends burst through the door.

"Hey, Dad, have you met the new neighbors?"

"No."

"Come on, Dad, you have to meet them."

"Some other time; I'm busy."

"Dad, you have to meet them now."

From the urgency in Billy's voice, I assumed the neighbors were waiting outside. I set aside my project and went to the front of the house. No one was there.

"Where are they?" I asked.

"Well, Dad," he explained, "we haven't met them yet either, but our baseball is in their living room!"

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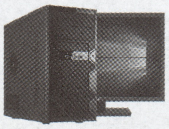

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Garage Sale?

My mother and I rise early on Saturday mornings to catch all the garage sales. One typical Saturday, we spotted a garage sale that seemed to be just opening.

We quickly walked into the man's garage and began looking over his wares. After a few minutes and several stern looks from the solemn-faced garage owner, he asked if there was anything he could do for us.

"This is a garage sale, isn't it?" my mother asked timidly.

The gentleman chuckled, somewhat relieved. "No," he said. "I was just cleaning out my garage. But if there's something you want, let me know."

We did—and now he's five dollars richer.

Popular Old Sayings –cont. from pg. 9

Origin: In 15th century Scotland, being caught red-handed referred to being apprehended while, or after, committing a crime that left blood on the murderer's hands.

Dressed to the Nines

Meaning: *accomplished to perfection.*

Origin: An early use is found in a 1793 Robert Burns poem: "Thou paints auld Nature to the nines." There are a number of theories as to its origin, but as one commenter

–cont. pg. 12

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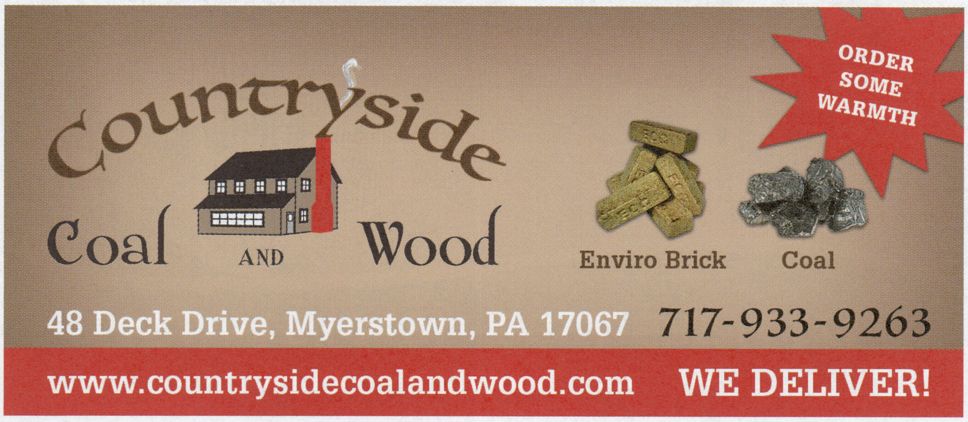
My neighbor just yelled at her naughty son so loudly that I brushed my teeth and went to bed.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Popular Old Sayings –cont. from pg. 11

said, "Short answer: nobody knows."

My Ears are Burning

Meaning: *someone is being talked about behind their back.*

Origin: Ancient Romans believed that bodily sensations were indications of good or bad circumstances. Burning in the left ear indicated criticism, whereas burning in the right ear was associated with praise.

Pulling Out All the Stops

Meaning: *doing everything necessary to succeed.*

Origin: Organists use stops on pipe organs to create the fullest sound.

–cont. on page 13

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Popular Old Sayings –cont. from pg. 12

Show Your True Colors

Meaning: *reveal your true character and intentions.*

Origin: The colors of a ship's flags are used for identification and communication. The phrase is a nautical term from the 1700s, when pirate ships would deliberately lower their colors or display false colors to confuse other ships into thinking they were friendly. It was only when they got close enough to attack that they would show their true colors.

Spill the Beans

Meaning: *reveal a secret.*

Origin: In ancient Greece, voters would place beans into a jar—white beans as a "for" vote; dark-colored beans as an "against" vote. Sometimes the jar would accidently (or otherwise) be knocked over and the beans would spill out, revealing the voting results. The problem with this theory is that the phrase doesn't

–cont. on page 16

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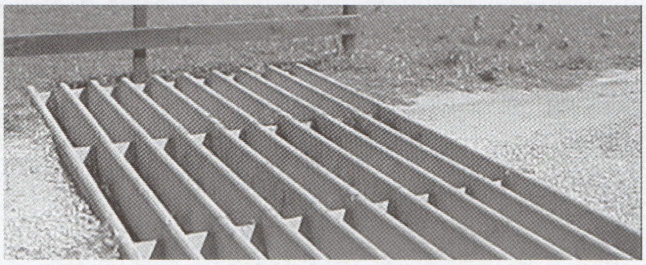
Cattle Guards

It was recently reported that a Washington bureaucrat sent a letter to the State of New Mexico, requesting the number of cattle guards in the state.

The State promptly responded.

When Washington saw the number, they quickly replied, "That's too many. You'll have to fire about half of them."



CATTLE GUARD *noun* a metal grid covering a ditch, allowing vehicles and pedestrians to pass over but not cattle and other animals.

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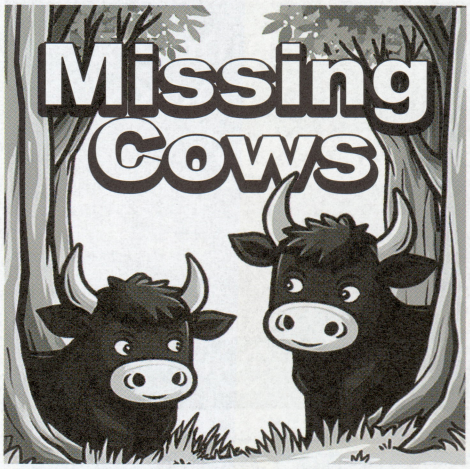
Change is inevitable—except from a vending machine.



When a livestock truck overturned in my town, a news reporter doing the broadcast stated, "Two cows, Black and Gus, escaped into the nearby woods."

After the commercial break, he corrected himself. "About that overturned truck. Make that ... two Black Angus cattle escaped into the nearby woods."

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SUDOKU

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Answers on Page 23

Popular Old Sayings –cont. from pg. 13

appear in literature until 1919.

Under the Weather

Meaning: *not feeling well.*

Origin: In the days of sailing ships, sailors would rest below deck "under the weather bow" (the side from which bad weather was coming) if they became sick during a voyage. The saying has become shortened to "under the weather."

Winning Hands Down

Meaning: *victory with plenty of margin.*

Origin: In horse racing, a jockey kept snug reins in order to communicate with and keep control of the horse. If they were well ahead of the competition, the jockey could put down his hands and relax more.

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PUBLIC AUCTIONS

THURS., AUG. 14 AT 5:00 PM

2.32-ACRE COUNTRY PROPERTY WITH STREAM, 3-BR, 3-BATH RANCH

30 SKYLINE DR., MOHRSVILLE, PA 19541

Featuring eat-in kitchen, DR/LR combo, primary BR with bath, 2 additional BRs, full bath, laundry area, lower level is a walkout basement with a family room with woodstove, BR and bath. Total of 2,255 sq. ft. of living area. CA, oil hot air heat, basement, oversized 1-car garage. Deck and patio, well, on-site septic, Hamburg Area Schools, Upper Bern Twp. **Taxes:** $3,652. **Zoning:** Ag.

FRI., AUG. 15 AT 3:00 PM, REAL ESTATE AT 5:00 PM

2½-STORY HOME IN MT. AETNA, .15 ACRES, & CONTENTS

9 W. MARKET ST., MYERSTOWN, PA 17067

1,302 sq. ft. living area, vinyl siding, replacement windows, main floor consists of an updated eat-in kitchen, LR, bonus room with 4-man hot tub, full bath, laundry, upper level has 2 BRs, full bath, nice size attic, CA, oil hot water baseboard heat, basement, detached 3-car garage, 3 garden sheds, well, on-site septic. Tulpehocken Twp., Tulpehocken Schools. **Taxes:** $2,480. **Terms:** 10% down day of sale balance within 45 days.

SAT., AUG. 16 AT 9:00 AM, REAL ESTATE AT 12:00 NOON

.23-ACRES MUHLENBERG REAL ESTATE & CONTENTS

809 WHITNER RD., READING, PA 19605

Brick rancher, 1,380 sq. ft. living area, eat-in kitchen with granite countertops and tile backsplash, LR with gas fireplace, 2 spacious BRs, 2 full baths, enclosed back porch, replacement windows, CA, natural gas forced air heat, full basement, detached 24x24 2-car garage, public water/sewer, Muhlenberg Twp., Muhlenberg Schools. **Taxes:** $5,834. **Note:** One-floor, move-in ready, super clean, low-maintenance home in Whitford Hill. **Terms:** 10% down at auction, balance in 45 days. **PERSONAL PROPERTY: Lawn Equip., Tools:** John Deere X304 4-wheel steer lawn tractor 132 hrs. (excellent condition); Honda HSS928A snowblower, like new; Craftsman pressure washer; Rubbermaid lawn cart; EGO battery-powered tools, batteries, chargers including: blower, Weed Eater, hedge trimmer, snow thrower; 10" Craftsman rolling tool box; stepladders; hose/hose reel; battery drills set; hand tools; wood stretch plank; saw horses; Craftsman jack plane; Craftsman socket set; lawn and garden hand tools; tomato cages; wheelbarrow; lawn spreaders; Ridgid Shop Vac; cords; alum. Werner folding ladder. **Furniture, Appliances, Household Items, Collectibles:** glass-top stove; GE refrigerator; Maytag washer/dryer; Webber gas grill; cast garden bench; patio set; dinette set; recliner; sofa with recliners; Horizon Comfort R exercise bike; double bed; dressers, night stand; corner curio cabinets; BR suite; electric mobility scooter; cast alum. mailbox; fishing rods, lures, tackle; pots, pans, utensils; box lots of household items; cutlery, small appliances; tables, lamps, etc.; vacuum sweeper; fire safe boxes; cartoon drinking glasses; printer; more.

THURS., AUG. 21 AT 5:00 PM

5-BR, 3-BATH FARMHOUSE, 28'X32' 2-STORY SHOP ON 7+/- ACRES

240 HEFFELFINGER RD., LEBANON, PA 17046

2,280 sq. ft., 2-story farmhouse with eat-in kitchen, DR, LR, full bath, laundry area on first floor, upper level has primary BR with bath, 4 additional BRs, full bath. Deep windowsills, heat and AC mini splits, basement, garage/shop with 2 overhead doors and electric, barn with approx. 2 acres fenced-in pasture, stream, well, on-site septic. N. Lebanon Twp., Cornwall-Lebanon schools. **Zoning:** Ag, enrolled in Clean & Green, **Taxes:** $2,712. **Open House:** Sat., Aug. 9, from 1-3 PM or by appointment (call Joel at 717-383-5606). **Terms:** 10% down at auction, balance in 45 days. **Auction For:** Andrew J. & Regina A. Hoover

---

FRI., AUG. 22 AT 5:00 PM

INCOME-PRODUCING DUPLEX ON 0.35 +/- ACRE

2607 & 2609 E. CUMBERLAND ST., LEBANON, PA 17042

Selling 1st: 2607 E. Cumberland St. (Tax#27-2356239-377334-0000) – Semi-detached, 2-story on .15+/- acre with renovated 1,496 sq. ft. living area, 3 BRs, 2½ baths, main floor consists of an eat-in kitchen, DR, LR, ½ bath, upper level has primary BR and bath, 2 additional BRs, full bath with double-bowl vanity, large laundry room, 12x24 shed with 9' overhead door. **Taxes:** $2,244. **Selling 2nd:** 2609 E. Cumberland St. (Tax#27-2356217-377453-0000) – Semi-detached, 2-story on .20+/- acre features remodeled 1,422 sq. ft. living area, currently registered and used as an Airbnb, kitchen, DR/LR combo, ½ bath, upper level has 2 BRs, full bath, large laundry room/playroom, 12'x20' shed with (2) 3' doors. **Taxes:** $2,234. Each unit has oil hot water baseboard and radiant heat, AC window units, basement, own backyard area, and ample off-street parking. Well, on-site septic. Cornwall-Lebanon Schools, N. Lebanon Twp. **Open House:** Sat., Aug. 9, from 1-3 PM or by appointment (call Joel at 717-383-5606). **Terms:** 10% down at auction, balance in 45 days. **Auction For:** Ryan & Janissa Stauffer

---

FRI., AUG. 22 AT 5:00 PM & SAT., AUG. 23 AT 8:30 AM

DUNKARD BRETHREN CHURCH SCHOOL CONSIGNMENT/BENEFIT

5450 FOUR POINT RD., BETHEL, PA 19507

Accepting consignments Thurs., Aug. 21 (8:30 AM to dark) and Fri., Aug. 23 (8:30 AM to 2:00 PM). Photos updated as consignments arrive. Send consigning item pictures to tom@lhauctionsinc.com. **Friday Session To Include 2 Rings. Ring #1:** New items including DeWalt and Milwaukee tools; ladders; hand tools; hunting items; Stihl tools; animal care products, etc. **Ring #2:** Trees, shrubs, plants, perennials. Quality nursery stock! **Saturday Selling 4 Or More Rings.** Farm and construction equip.; lawn and garden items; taxidermy; gift certificates; bow-fishing trip; furniture; tools; home decor and more, building materials; used cherry kitchen; appliances; new poly lawn furniture; screened-in gazebo; vinyl swing sets! Check AuctionZip.com for updates. Many items arrive without prior notice.

SAT., AUG. 30 AT 9:00 AM

BENJAMIN & ELMER STOLTZFUS FARM EQUIP., SHOP TOOLS

28660 ROLLINS LN., MECHANICSVILLE, MD 20659

Farm equip., greenhouse; shop equip., tools, welders; antiques, collectibles, household goods. More on AuctionZip.com. **Sale For:** Mr. & Mrs. Benjamin Stoltzfus and Elmer & Elizabeth Stoltzfus

---

WED., SEPT. 3 AT 12:00 NOON

110.71 +/- ACRE CROP/BEEF BERKS COUNTY OLEY VALLEY FARM

21 SPANGSVILLE RD., BOYERTOWN, PA 19512

2,100 sq. ft. 3-BR, 2-bath, 2½-story farmhouse plus summer kitchen. Approx. 40'x80' bank barn with corn crib and storage addition. Borders Manatawny Creek with 72 acres currently tillable (more possible), approx. 20 acres fenced pasture, balance woodland and buildings. Farm easily accessed by major routes or historic covered bridge. **Open House:** Sat., Aug. 23, from 1-3 PM or shown by appointment. For appointment to see or help to obtain bank financing, call Joel at 717-383-5606. **Note:** This Preserved Farm has very high-quality soil and is mostly level. **Terms:** $100,000 down at auction, balance on or before Oct. 29, 2025. **Auction For:** Wagner Farm Partnership

---

FRI., SEPT. 5 AT 5:30 PM, FOLLOWED BY PERSONAL PROPERTY

11.9 +/- ACRE FARMETTE WITH BANK BARN & SHOP

350 INDIAN RUN RD., STEVENS, PA 17678

1-owner, 3,773 sq. ft. custom-built Colonial-style 5-BR, 2½-bath, 2-story home features main floor with open foyer and exposed staircase, kitchen with oak cabinets and tile backsplash, DR, LR, tile fireplace with woodstove insert, office/BR, powder room, laundry room, large sunroom, second floor has primary BR/bath and Jack & Jill closets, 3 additional BRs and full bath, basement with 880 sq. ft. living area, kitchenette. CA, propane hot air heat. 40'x60' steel building with 20'x54' addition has heat/electric/water, (2) 14' overhead doors, addition features drive-thru with (2) 12'x17' overhead doors. 28'x40' bank barn, lower level has 3 bays with overhead doors. Ephrata Area Schools, Clay Twp., **Zoning:** AT (Ag Transitional), enrolled in Clean & Green, **Taxes:** $5,346.79. **Note:** Situated back ½-mile paved driveway. Approx. 6 acres currently in grass hay. Paved parking. **Open House:** Sat., Aug. 16 & 23, from 1-3 PM or by appointment (call Joel at 717-383-5606). **Terms:** 10% down at auction, balance in 60 days. **Auction For:** Carl M. & Louise S. Hurst

---

WED., SEPT. 10 AT 3:00 PM, REAL ESTATE AT 5:00 PM

HAMBURG AREA 12-ACRE REAL ESTATE & CONTENTS

5124 OLD ROUTE 22, HAMBURG, PA 19526

Just listed this great property. Information coming soon!

SAT., OCT. 11 AT 9:00 AM, REAL ESTATE AT 12:00 NOON

ARTHUR SHIRK REAL ESTATE & CONTENTS

611 TEXTER MOUNTAIN RD., ROBESONIA, PA 19551

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Ring! Ring! Ring! –cont. from pg. 3

addition, subtraction, multiplication, and division. It is often used in the phrase "the three R's" alongside readin' and 'riting to refer to the foundational skills taught in schools."

Ring! Ring! Ring! It means school is back in session. It is time to put on your thinking caps; time to open the books; time to refresh what you learned last year and begin stashing away new goodies. What does 195 x 7356 equal? Without a calculator, please. What does *griffonage* mean? Don't know? Look it up! Who invented a cap –cont. on page 19

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RECEDING HUMOR

My luck is like a bald guy who just won a comb.

* * *

My friend is losing his hair. If he had lice, they'd protest about deforestation.

* * *

I first noticed I was going bald when it took longer and longer and longer to wash my face.

* * *

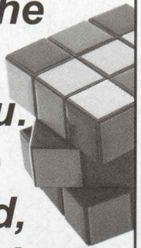
What do you call a group of rabbits hopping backwards? A receding hareline.

* * *

"Mommy, why is Daddy bald?"

"It's because he's a teacher and he thinks so much, my dear."

The child stared at his mom for a minute, then exclaimed, "So THAT'S why you have the long hair!"



If you are curious,
you'll find the
puzzles
around you.
If you are
determined,
you will solve them.

Erno Rubik

Ring! Ring! Ring! –cont. from pg. 18

for people who suffer from hay fever (or catarrhus aestivus)? Check it out? Learning isn't just for children. It is for everyone. Albert Einstein said, "When you stop learning, you start dying." See! I think you learned something you didn't know before.

Ring! Ring! Ring! It's been a busy morning. Look at all we learned, and we didn't even go over our spelling words for today. How do you spell *zuchini*? Or try *concsience*. Well, that doesn't work very well does it, because if I say the word, you aren't able to hear me, and if I spell it, you will have the answer? Unless I spell it wrong, which I think I did. The most commonly misspelled words include *definitely*, *separate*, *receive*,

–cont. pg. 20

Pit Falls

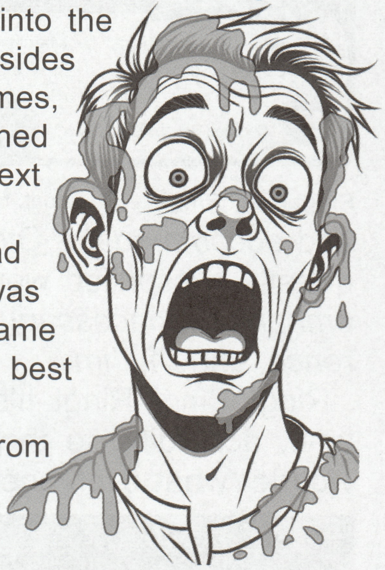
A man took a shortcut through the graveyard one dark night. That was a mistake, because the gravediggers had just opened a new site in preparation for a funeral early the next morning.

The unfortunate man took a plunge into the deep pit. It began to rain, and the sides became slippery. Try as he might many times, he could not climb out. Finally, he resigned himself to waiting for the caretakers the next morning, and he settled into a corner.

Just before dawn another man, who had been "out on the town" all night and was definitely inebriated, stumbled into the same grave. He yelped and started trying his best to get back topside.

After a few attempts, a deep voice from the corner said, "It's no use. You can't get out!"

But he did!



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When I turned two I was really anxious, because I'd doubled my age in a year. I thought, if this keeps up, by the time I'm six I'll be ninety.

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Ring! Ring! Ring! –cont. from pg. 19

and *accommodate*. Other frequently misspelled words are *embarrass*, *necessary*, *occurrence*, and *rhythm*.

Ring! Ring! Ring! It's lunch time, according to the bell. I wonder what everyone has in their lunch. It's probably different than it was when I was growing up—bologna sandwiches, cheese, potato chips, and an apple. Now it is a chicken Caesar wrap, chickpea and avocado salad, and some coconut key lime cheesecake bars. You've got to eat it quick though, because it is time for recess.

Ring! Ring! Ring! Oh, that bell. Why does recess go so fast? Class time never goes that quickly! Now it is my nap time, but somehow –cont. pg. 22

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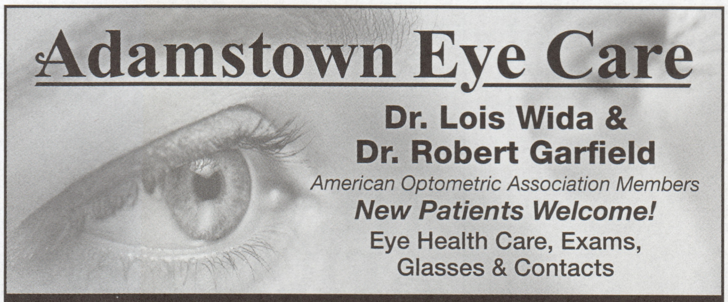
What we believe determines how we live. Men who sincerely believed that what they were doing was right have perpetrated many of the most hideous crimes against humanity. *William Wilberforce*



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Thoughts from John MacArthur

Many today seem to think that the goal of the Christian life is for Jesus to make us healthy, wealthy, and happy. But if that's true, somebody forgot to tell the Apostle Paul.

The gospel message is not simply a plan of salvation; it is also a call to embrace the Person of salvation.

The true gospel is a call to self-denial. It is not a call to self-fulfillment.

The way to exultation is always through humiliation. If that principle was true for the Son of God, how much more is it true for His followers?

We should not be entertained by the sins for which Christ died.

The very one who gave the Law that condemns us also supplies the righteousness needed to save us.

Why is discipline important? Discipline teaches us to operate by principle, rather than desire. Saying no to our impulses (even the ones that are not inherently sinful) puts us in control of our appetites rather than vice versa. It deposes our lust and permits truth, virtue, and integrity to rule our minds instead.

Jesus Christ is not just 'my personal Savior.' He is Lord.

True repentance involves sorrow over the evil of sinful deeds; false repentance involves only sorrow over their harmful consequences. False repentance concerns itself with conduct; true repentance with man's inner condition. False repentance deals with the symptoms; true repentance with the disease.

If the Bible doesn't mean exactly what it says; if we say it doesn't mean what it says, then to what authority do we turn to find out what it does mean?

How do you evangelize people? You lead them to the Holy Scripture.

You can't confuse childlike faith with childish thinking.

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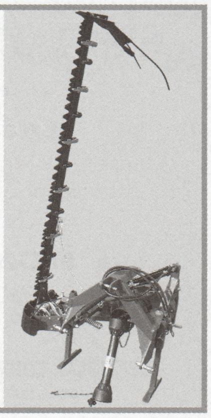

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Ring! Ring! Ring! –cont. from pg. 20

the teacher directs that social studies question #3 at me as if I should know the answer. How am I supposed to know how ethnic and religious diversity influenced Myanmar's political landscape and social stability throughout its history? Well, it was on page 46 of our reading assignment. Didn't you read your assignment? Hmm! Sort of, but I must have skimmed over that part.

Ring! Ring! Ring! Finally, the best part of the day! School is over and home we go. No homework, no assignments, no book reports! But then Mom mentioned some chores that needed to be done, a room that should be cleaned, and some weeds that needed pulling in the garden; suddenly I wished for some homework after all.

Ring! Ring! Ring! Summer is winding down and it won't be long until the children will be back in school. Let us be especially careful –cont. on page 23

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The happiness of your life depends upon the quality of your thoughts: therefore, guard accordingly, and take care that you entertain no notions unsuitable to virtue and reasonable nature. *Marcus Aurelius*

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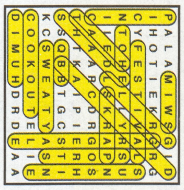
Ring! Ring! Ring! –cont. from pg. 22

to mind the buses, the pedestrians, the school crossing, and all of those little ones as they hop and skip to another school season. Let us pray for their safety and health and the gift of understanding as they put their minds to work, learning, playing, and disciplining their lives governed by the chime of the old school bell as it rings its timely tune over and over again. Ring! Ring! Ring!

–M. Gingrich

PUZZLE ANSWERS

6	2	9	4	5	8	3	7	1
4	1	5	7	3	9	6	2	8
3	7	8	2	6	1	9	4	5
8	9	1	6	7	3	2	5	4
5	6	4	8	1	2	7	9	3
2	3	7	5	9	4	1	8	6
9	5	6	3	8	7	4	1	2
7	4	3	1	2	5	8	6	9
1	8	2	9	4	6	5	3	7



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C	Y	F	E	S	T	I	V	A	L	S
N	T	O	H	E	L	L	Y	R	S	U
I	I	E	D	L	S	K	R	A	P	N
C	A	A	A	R	C	D	R	G	O	S
T	H	T	K	A	I	P	I	E	R	H
S	S	Q	B	B	T	G	C	S	T	I
K	C	S	W	E	A	T	Y	A	S	N
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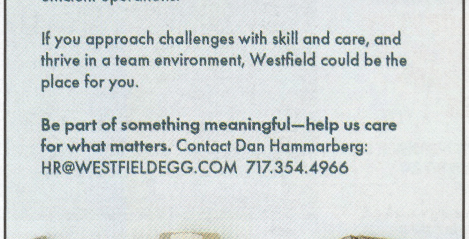
Selfishness is one of the principal fruits of the corruption of human nature; and it is obvious that selfishness disposes us to overrate our good qualities, and to overlook or extenuate our defects.

W. Wilberforce



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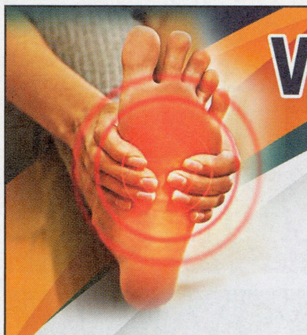
Smart, good-looking, and funny! But enough about me. ***Happy Birthday!***

May the candles on your cake outnumber the hairs on your head. ***Happy Birthday!***

After forty, a body has a mind of its own.

VICTIM OF PERIPHERAL NEUROPATHY?



Are you one of the Millions of Amercans that suffer from peripheral neuropathy? Have you been told you have to deal with it, live with it, and rely on Gabapentin, Lyrica, Cymbalta, injections or other dangerous off label drugs with serious side effects. You see, it's not your medical doctor's fault, it's the completely irrational medical system that continues to treat only the symptom and not the cause.

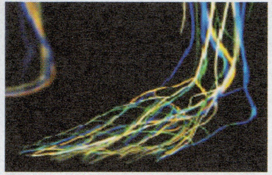


Figure 1: There are tiny blood vessels that run through the foot.

Are you suffering from numbness, tingling, burning pain, deep stabbing pain, often diagnosed as peripheral neuropathy? Are you having balance problems or have the fear of becoming disabled, needing someone to take care of you and losing your indepedence?

As you can see in Figure 2, as the blood vessels that surround the nerves start to die off. The nerves begin to shrink from the lack of all its oxygen, nutrients, and blood supply. When these nerves begin to die, symptoms such as numbness, tingling, burning pain, sharp deep stabbing pain, balance problems, and lastly fatal falls and injuries begin to appear.

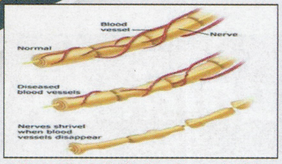


Figure 2: When the tiny blood vessels start to die off the nerves start to malfunction.

The main problem is that your doctor has relied on the "drug cocktail" and exploratory surgery approach which miserably fails.

You actually think like a neuropathy expert more than you think. Let me give you an analogy. What do you think of when you see a wilting plant? What does it need?

Figure 3: When deprived of water, sunlight, and nutrient, the plant dies.

Exactly! Water, sunlight, nutrients, take any toxins away from its environment for healing!

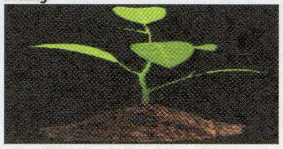


Figure 4: The blood vessels will grow back around the nerves much like a plan's roots grow when watered.

A nerve is an organism just like a plant, so our goal in our clinic is simple. We must increase blood supply to the nerve so it can heal. But first, ask yourself this question. How many medications will it take to increase blood flow to the dying nerve? You are correct! Medications can not increase blood flow.

With our 3 step process, we have a 90-95% success rate with neuropathy.
1) Increase blood flow
2) Educate small fiber nerves
3) Decrease pain signals

One way we increase blood flow is by using cutting-edge technology such as lower level light therapy, also known as LLLT.
The technology was discovered by NASA by treating wounds in space. LLT was approved by the FDA in 2001 and is at the forefront of neuropathy treatments.

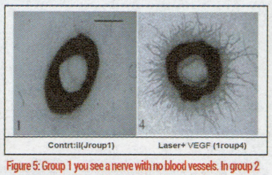


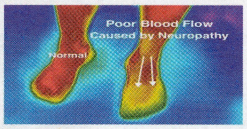
Figure 5: Group 1 you see a nerve with no blood vessels. In group 2 you see a nerve with a spider web of blood vessels after LLLT therapy.

The low level light therapy creates a process called angiogenesis. Angiogenesis means "new blood vessels". It's like watering a plant. The more LLLT a nerve gets, the more it repairs itself, just like a plant would by getting more water, sunlight, and nutrients.

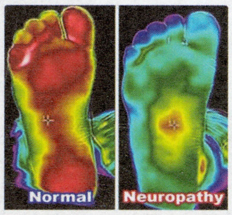
In addition to LLT, we use a cutting-edge technology around a Nobel Prize winning concept allowing increased circulation to the extremities.

It's crucial that once we get new blood to the nerves and creating new blood vessels, to re-educate the nerve back to normal funtion. By using a device that's used in large hospital chains across the country for neuropathy, we are able to repair the damaged nerves, and start to make them durable once again.

The most common mistakes neuropathy suffers make are to take the "it will go away on its own" or "the medications will get me better" mentality. Doing this for long periods can cause you to reach a point of no return.



The next step to finding out if your neuropathy symptoms can be helped with this breakthrough drug-free approach is to have...



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✓ HOW SEVERE IS MY CONDITION?
✓ ARE OTHER CONDITIONS CONTRIBUTING?
✓ WHAT TYPES OF NERVES HAVE DAMAGE?
✓ HOW MUCH TREATMENT DO NERVES REQUIRE TO HEAL?

The underlying cause is different for every patient and must be understood in order to help the nerves heal and get us back to a normal life.

This is why we are offering Free Neuropathy Screening for 15 New Patients this month!

Thorough testing is so critically important in helping patients suffering from Peripheral Neuropathy and we here at Active Integrated Medical Center want to help as many people as we can.

Call now for your free Neuropathy Screening today to learn about the underlying cause of such discomfort and find out about the revolutionary treatment and how it can change your life!

Our goal is to get our patients back to doing the things they love with the people they love without drugs, needles, or surgery and in as painless a way as possible.

"I was suffering with neuropathy for 3 years. My feet always felt like they were on fire. I did not like my feet touching the floor, I did not like to be barefoot, and it was a horrible feeling. I did not have the sensation of balance and it was affecting my work which requires me to be up high on ladders. Since having Neuropathy Care at Active Integrated Medical Center, I have gotten the feeling back into my feet!" - Joe

"I had numbness in my feet, stinging, burning, and shooting pain that affected my sleep – I could not sleep! And it affected everything I was doing day or night. Since coming to Active Integrated Medical Center, THE PAIN HAS GONE AWAY. Now I am sleeping normally and feel much better. The office here is very professional. " – Jerry

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